

## **Vein Ablation and Microphlebectomy POST-OPERATIVE INSTRUCTIONS**

### **Incision Care:**

You will have a compression wrapping in place when you leave the office.

- Leave this on for the first 48 hrs. (No shower for the first 48 hours)
- Then, remove the wrapping and use your compression hose during the day for the next 12 days. (You may take them off to shower and sleep)
- No tub bathing or swimming until all incisions are healed.

You will have one or more small 4x4 dressing(s) at the insertion site with multiple Steri-Strips in place. You may remove the 4x4 dressing(s) at your first shower, but leave the Steri-Strips in place. The Steri-Strips may begin to come loose after 5-7 days, at which time you can remove them; however it is best to keep them in place for 2 weeks.

### **Pain Management:**

You may have some discomfort following surgery. Some patients find it helpful to take a day or two off of work, although we expect you to be able to resume all your pre-procedure activities (including work) the next day, if necessary.

We have prescribed a pain medicine for you to take if needed, but you may find that:

Tylenol 1000mg by mouth every 6 hours as needed for pain, may suffice.

(Please remember to pick up the pain medicine before you leave because we cannot call it into a pharmacy once you have left.)

### **Activity:**

We would like you to continue to keep moving and maintain a normal level of activity. Walking twice daily for 20 minutes is encouraged and promotes speedy healing.

Stair walking, tread mills and cycling are fine. (We recommend avoiding HEAVY activity for the first 7 days. No marathon training!)

You may resume sexual activity when you are comfortable.

### **Reasons for concern:**

- Several days after the procedure you may notice some inflammation and mild swelling on the inner aspect of your thigh or leg. This is normal and expected.
- Some mild redness and itching around your incisions is also normal and an expected part of the healing process.
- Occasionally, you may notice some minimal clear/pink drainage from an incision. This is also ok.
- However, if you note increased pain, fever, spreading redness, increasing drainage or persistent bleeding, please call the office immediately:

<b>Daytime:</b>	<b>301-295-4779</b>
<b>After hours:</b>	<b>301-295-4611 (and have Vascular Surgery Resident on-call paged)</b>
<b>Emergency:</b>	<b>Come to the WRNMMC Emergency Room</b>

### **Follow-up:**

You should have an appointment scheduled for next week for an ultrasound (you will be called with the results). If you are not called, please contact the office and make an ultrasound appointment.

We will see you back in the office in 1 month

Always feel free to call the office if you have any questions.